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# FOOD CHART

## Child Care Food Program

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|                                     |   | Age 1-3       | Age 3-6       | Age 6-12      |
|-------------------------------------|---|---------------|---------------|---------------|
| <b>BREAKFAST</b>                    |  Milk                        | 1/2 cup       | 3/4 cup       | 1 cup         |
|                                     |  Juice or Fruit or Vegetable | 1/4 cup       | 1/2 cup       | 1/2 cup       |
|                                     |  Bread or                    | 1/2 slice     | 1/2 slice     | 1 slice       |
|                                     | Cereal  | 1/4 cup       | 1/3 cup       | 3/4 cup       |
| <b>SNACK</b><br>(supplemental food) |  Milk or                     |               |               |               |
|                                     | Juice or Fruit or Vegetable   | 1/2 cup       | 1/2 cup       | 1 cup         |
|                                     |  Bread or                    | 1/2 slice     | 1/2 slice     | 1 slice       |
|                                     | Cereal  | 1/4 cup       | 1/3 cup       | 3/4 cup       |
| <b>LUNCH/SUPPER</b>                 |  Milk                        | 1/2 cup       | 3/4 cup       | 1 cup         |
|                                     |  Meat or Poultry or Fish or  | 1 ounce       | 1 1/2 ounces  | 2 ounces      |
|                                     | Cheese or   | 1 ounce       | 1 1/2 ounces  | 2 ounces      |
|                                     | Eggs or   | 1             | 1             | 1             |
|                                     | Peanut Butter or  | 2 Tablespoons | 3 Tablespoons | 4 Tablespoons |
|                                     | Dried Beans and Peas  | 1/4 cup       | 3/8 cup       | 1/2 cup       |
|                                     |  Fruits (2 or more) or     |               |               |               |
|                                     | Vegetables (2 or more) or   |               |               |               |
|                                     | Fruits & Vegetables to total  | 1/4 cup       | 1/2 cup       | 3/4 cup       |
|                                     |  Bread                     | 1/2 slice     | 1/2 slice     | 1 slice       |

For required serving amounts for infants up to age one year, refer to your handbook, your agreement, or program regulations.

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### Recordkeeping

- Keep menu records
- Count meals served to enrolled children to adult staff to other adults

### Points to Remember

- Use fluid milk
- Use bread or cereal made from enriched or whole grain flour
- Use full-strength fruit juice
- Each child must be served the required amount of each food group at all meals



The four food groups.

The Child Care Food Program is open to all eligible children regardless of race, sex, color, creed, or national origin.

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Food and Nutrition Service  
Program Aid No. 1165  
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